



GET ECZEMA [MANAGED]

**Together, we can achieve a 50% reduction
in eczema severity for your patients¹...**

Managing a patient with eczema in the pharmacy

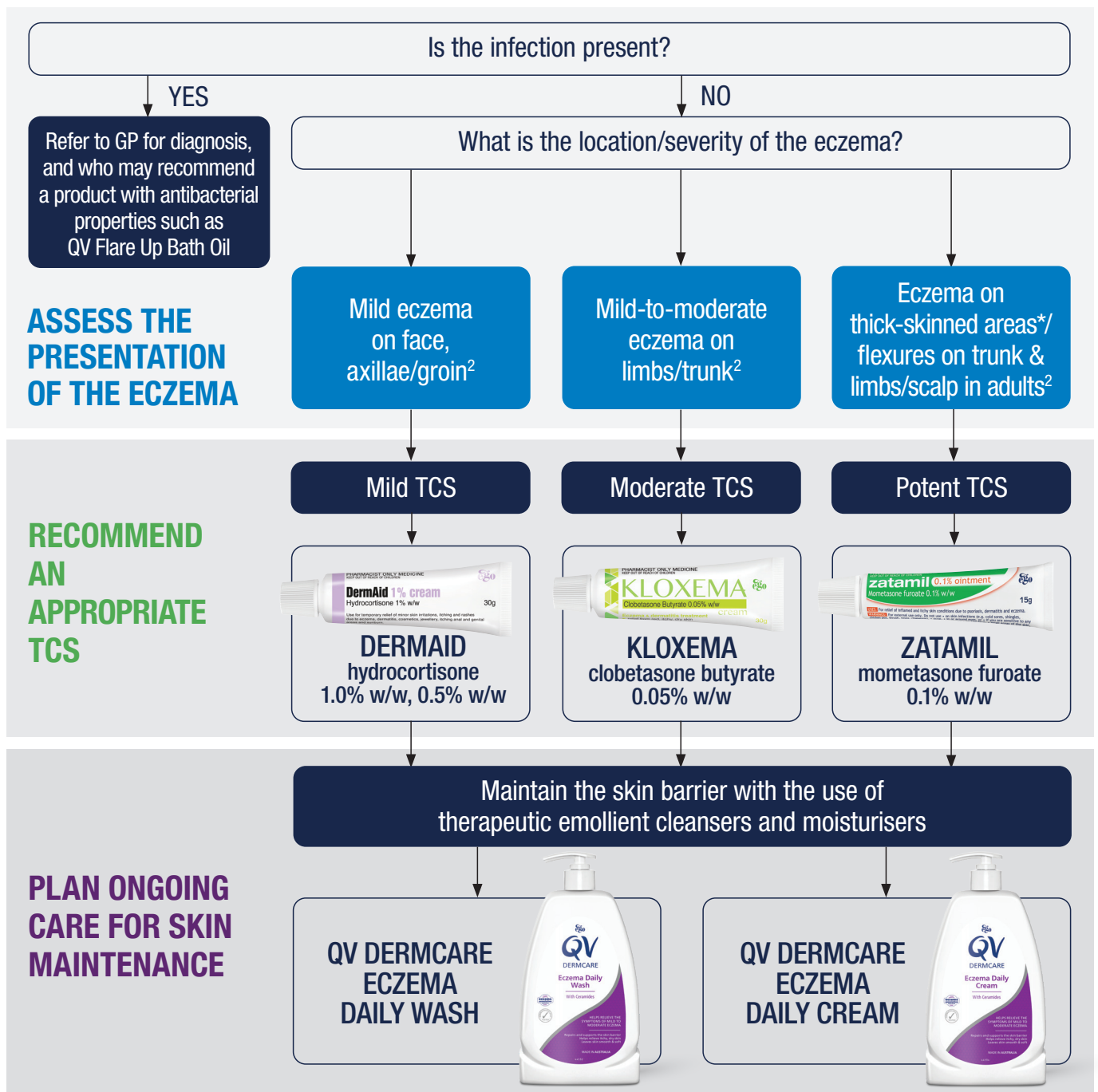
Before recommending a management plan for your medically diagnosed eczema patient, it's important to first assess the presentation of the eczema and needs of the patient to determine the best approach to care. This may be in consultation with the patient's medical practitioner.

- 1 Assess the presentation and impact of their eczema**
 - What signs and symptoms are they experiencing? (Refer to GP if infection is suspected)
 - Where is their eczema located? Has it lichenified?
 - What triggers their eczema?
 - What is their current management plan and is it seeing improvement?
- 2 Evaluate their needs**
 - How do they manage flares?
 - What more do they feel they need?
 - How do they minimise exposure to triggers?
- 3 Find the most appropriate course of treatment**
 - Ego have a range of topical corticosteroids (TCS) to reduce symptoms associated with eczema flare ups.
 - Use the Ego Eczema Management Plan on the next page to find an appropriate treatment for your patient.
- 4 Plan ongoing care for skin maintenance**
 - Incorporate ongoing care into the management plan by recommending emollients to help maintain the skin barrier and prevent the occurrence of a flare, alongside regular check-ups with a Dermatologist, GP or Pharmacist. Use the Ego Eczema Management Action Plan on the next page to find an appropriate long-term moisturiser for your patient.

**...with ego's portfolio of
topical corticosteroids and emollients.**

For the complete Ego Eczema Management Action Plan, see other side.

Develop a management plan for your eczema patients



Before recommending DermAid, Kloxema or Zataamil please review the Full Product Information (PI). Full Product Information is available on request from Ego Pharmaceuticals Pty Ltd and can be accessed at ebs.tga.gov.au.

PBS Information: Zataamil Lotion and Zataamil Ointment 15g: Restricted benefits. Corticosteroid-responsive dermatoses. Zataamil Lotion and Zataamil Ointment 15g: Authority Required (Streamlined). Refer to PBS Schedule for full authority information. Zataamil Hydrogel and Zataamil Ointment 45g: These products are not listed on the PBS.

Zataamil (mometasone furoate) ointment: Short term (up to four continuous weeks) relief of inflammatory and pruritic manifestations of corticosteroid-responsive dermatoses, such as psoriasis and atopic dermatitis. **Contraindications:** Hypersensitivity to mometasone furoate or to other corticosteroids. Viral infections of the skin, tuberculosis, acne rosacea, perioral dermatitis, fungal skin infections and ulcerative conditions. **Precautions:** Irritation or sensitisation; infection; infants and children; prolonged or extensive use; occlusion; eye contact; pregnancy (Category B3); lactation. **Adverse Reactions:** Itching; burning; stinging; skin atrophy; acneiform reactions. **Dosage and Administration:** Apply a thin film of zataamil ointment to the affected skin area once daily. Based on TGA approved PI dated 14/8/2020. **Kloxema (clobetasone butyrate):** Short term (up to 7 days) treatment of milder forms of eczema, dermatitis and other steroid responsive skin conditions. **Dosage:** For 12 years and over. Apply a thin film and gently rub in, using only enough to cover the affected area twice daily for up to 7 days. **DermAid (hydrocortisone):** For the temporary relief of symptoms associated with acute and chronic corticosteroid responsive conditions including: minor skin irritations, itching and rashes due to eczema, dermatitis, contact dermatitis (such as rashes due to cosmetics and jewellery), psoriasis, anogenital pruritus and sunburn. **DermAid 1% cream:** Apply a thin layer to affected skin 1–2 times daily as required. **DermAid 0.5% cream:** Apply a thin layer to affected skin 1–3 times daily as required. **QV Dermcare Eczema Daily Wash & Cream:** Help relieve the symptoms of mild to moderate eczema.

Treatment recommendation may vary based on severity, location and patient's age. *Thick skinned areas include fingers, feet, lichenified wrists or ankles.

References: 1. Van Zuuren EJ, Fedorowicz Z, Christensen R, Lavrijsen APM, Arens BWM (2017) Emollients and moisturisers for eczema. Cochrane Database of Systematic Reviews 2017, Issue 2. Art. No.: CD012119. DOI: 10.1002/14651858. CD012119.pub2. 2. Dermatology Expert Group. Therapeutic Guidelines: Dermatology, version 4. Dermatitis: Atopic dermatitis. Available from: https://tgldcdp.tg.org.au/viewTopic?topicfile=dermatitis#toc_d1e129 (accessed Dec 2022).

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